

MUAJ LUS TSHAJ XOV ZOO TXOG NTAWM NTAUBNTAWV KHO MOB!

Tam sis no, cov menuam me thiab cov hluas uas muaj cuab kav txais kev pab them nqi mob, nqi kho hniav thiab nqi kho qhov muag kuj coob zuj zus muaj cov pab them tag nrho tej nqi kho thiab muaj cov uas pab kom yus tsuas tau them qhov tsawg xwb!

Pos muaj lus dab tsi xav paub ntxiv?

Yog muaj, mas yuav tsum teb cov lus hauv tsab ntauv no xa tuaj rau tom koj tus menuam lub tsev kawmntaxv los sis hu rau tus xovtooj 1-888-747-1222 (tus xovtooj hu dawb) yog tias koj xav thov kev pab hauv xov tooj.

Cov menuam
muaj kev noj qab
nyob huv mas
kawm tau ntauv
zoo dua!



Xav, xav thov nej pab xa tej ntaubntawv qhia txog tej kev kho mob thiab tsabntawv teev npe thov ntauv kho mob tuaj rau kuv. Xa cov hais ua lus:

- English
- Español
- ລາວ

- Việt Ngữ
- 한국어
- ລາວ

- Hmoob
- Русский язык
- فارسی

中文
 ຈີງ

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NIAM THIAB TXIV/TUS SAIBXYUAS TUS AREA CODE THIAB TUS NABNPAWB XOVTOOJ

NIAM THIAB TXIV/TUS SAIBXYUAS LUB NPE

TUS MENYUAM LUB NPE

TXOJ KEV CHAW NYOB/P.O. BOX

LUB ZOS

TUS ZIP CODE

LUB NROOG COUNTY

TSEV KAWMNTAXV LUB NPE

TXOJ CAI QHIA RAU NIAM THIAB TXIV/
TUS SAIBXYUAS PAUB TXOG TIAS PEBYUAV
TSUM ZAIS TEJ LUS NO TSEG CIA LI CAS
Luag tau tsim txoj cai tsieg tias peb yuav tsum
qhia rau koj paub tias peb yuav muab cov lus
koj muab rau peb nyob hauv daim ntawv no
coj mus siv li cas rau li cas. Healthy Families
los sis Qhov Chaw Tswfwm Xyuas Txog Tej Kev
Mob Nkeeg (Department of Health Services)
mam li xa ntaubntawv tuaj qhia rau koj paub.
Yog koj ho xav kom lawv hu tuaj nrrog koj
tham, los lawv mam nrriav ib tug neeg sawv
cev ntawm lawv hu tuaj tham nrrog koj txog tej
ntaubntawv kho mob. Cov lus koj muab rau peb
no mas peb yuav tsis muab coj mus siv ua dab
tsi lwm yam. Yog koj muaj lus dab tsi xav nug
peb txog tsab ntawv no, mas thov koj hu rau
1-888-747-1222 (tus xovtooj hu dawb).

NIAM THIAB TXIV/COV SAIBXYUAS

Xa tsab ntauv no rov tuaj rau ntawm koj
tus menuam lub tsev kawmntaxv. los sis hu
rau 1-888-747-1222 (tus xovtooj hu dawb) yog
tias koj xav thov kev pab hauv xov tooj.

SCHOOL STAFF

Please forward this form to your School
Food Services Director or District Health Staff.

SCHOOL FOOD SERVICES DIRECTOR OR DISTRICT HEALTH STAFF

Please mail this form to:
Attn: HF/MCF Outreach Materials for Schools
P.O. Box 15409
Sacramento, CA 95851

www.healthyfamilies.ca.gov

